

# COVID-19 Quarantine and Isolation Guidance

## What to do if you HAVE COVID-19:

- Stay home for the next 5 days after symptoms, or 5 days after a positive test if asymptomatic.
- Stay away from other people as much as possible (including those in your own household).
- If you can't stay away from other people, wear a three-layer (or better) mask.

**Do you have a fever or other symptoms that haven't started to get better on day 6?**

**YES**

- Stay home until your fever is gone
- And**
- Wear a mask around others for the next five days

**NO**

- Resume activities with a mask
- And**
- Wear a mask around others for the next five days

**If you are having symptoms of COVID-19 and waiting for test results, stay home until you get your results.**

## What to do if you were EXPOSED to someone who has COVID-19:

Are your COVID-19 vaccines up to date\* or have you tested positive for COVID-19 in the 90 days before your exposure?

**YES**

- Wear a mask around others for 10 days after your last exposure.
- Test on day 5.
- IF you develop symptoms or test positive, stay home, and follow the chart on the left-hand side of the page.

**NO**

- Stay home for 5 days after your last exposure. Then, wear a mask around others for the next five days. (Day 1 is the day following your last day of exposure)
- Test on day 5.
- IF you develop symptoms or test positive, stay home, and follow the flow chart on the left-hand side of the page.

### **\*Your COVID-19 vaccine is up to date if:**

- You have received a booster of any COVID-19 vaccine
- You completed the primary series of Pfizer or Moderna vaccine less than 6 months ago
- You completed the primary series of Johnson and Johnson vaccine less than 2 months ago